

Scallops with bacon and pine nuts

Preparation :
20 minutes

Cooking time :
15 minutes

Difficulty :
Easy



SERVES 6



INGREDIENTS

- 18 scallops
- 18 slices of bacon
- 2 red onions
- 3 endives
- 300 g fresh shelled broad beans
- 2 dessert spoons of pine nuts
- 1 teaspoon of caster sugar
- 1 sprig of rosemary
- 1 sprig of thyme
- 1 bay leaf
- 30 g of butter
- 2 desert spoons of peanut oil
- salt and pepper

PRÉPARATION

Peel and finely chop the onions. Wash the endives, take off the outer leaves and split the stalks.

Divide into 8 lengthways. Wrap each scallop with a slice of bacon. Secure the bacon either with a wooden tooth pick or kitchen string. Heat the oil and butter in a saucepan.

Toss the chicory, the onions and the pine nuts over a medium heat. Add the sugar, rosemary, and bay leaf.

Season with salt and pepper. Mix together and then pour over the scallops.

Cover and leave to cook on a low heat for ten minutes. Serve warm.



Pine nuts or kernels are found in the pine cones of the Umbrella Pine. They come from China.